

Food and Phyfick,

FOR EVERY

Houfholder, & his Family,

During the Time of the

P L A G U E.

Very Ufeful, both for the Free,
and the Infected.

*And Neceffary for all Perfons, in what Con-
dition or Quality foever.*

Together with feveral Prayers and Meditations,
before, in, and after Infection.

*Very needful in all Infections and
Contagious Times.*

And fit as well for the Country, as the City.

Published by T. D. for the Publick Good.

L O N D O N, Printed by T. Leach, for E. Coles, at
the Lamb in the Old-Baily, 1665.

. H D I.

Food and Physick,

FOR EVERY

Householder & his family,

Containing the True

and

Wise Method, for the

Preservation of the

Health of the

Body, and

And fit as well for the

Use of the

And as well for the



An Excellent *Medicine*, to Prevent
the *PLAGUE*.

TAKE Sage of Vertue, Rue (other-
wise called Hearb-Grace) Elder
Leaves, Red Bramble Leaves, and
VVormwood, of each of them a good
handful; stamp them altogether, and then
strain them through a fine Linnen Cloth; and
put to the Juice a Quart of perfect good
VVhite-VVine, and a good quantity of
VVhite-VVine Vinegar: Mingle them all to-
gether, and put thereto a quarter of an Ounce
of VVhite Ginger, beaten to small Powder.
Use to drink this Medicine every Morning fast-
ing, for the space of Nine Dayes together,
the quantity of a spoonfull at a time, and
this will (by Gods help) preserve you,
for the space of a whole Year.

An approved Medicine after Infection.

IF it fortune, that one be stricken with the *Plague*, before he hath taken the former Medicine; then take the things rehearsed, and put thereto a spoonful of *Betony VVater*, and as much *Scabios VVater*, and a pretty quantity of fine *Treacle*, and temper them well together, and let the Patient use to drink it often, and it will expell the *Venome* or *Poyson* forthwith. But if the *Botch* do happen to appear, then take a good quantity of *Elder Leaves*, *Red Bramble leaves*, and *Mustard Seed*; stamp them well together, and make a *Plaister* thereof; apply it to the *Sore*, and it will draw forth all the *Venome* and *Corruption*.

Those that fear the Plague, and are not Infected, let them take of this Drink hereafter following, which is twice in every Week, half a spoonful at a time: It hath been observed, that never any one dyed of the Sicknes, that did take it in time.

TAKE three Pints of *Malmsey*, a handfull of *Rue*, as much of *Sage*; boyl these to a Quart, then strain out the Herbs, and then take an Ounce of *Long-Pepper*, *Vinegar* and *Nutmegs*, all beaten small in a *Morter*, and put into the

the VVine, and boyl it a little; then take it offy and put into it one Ounce of Mithridate, two Ounces of the best Treacle, and a quarter of a Pint of Aqua-Vitæ; and put all into the VVine, and so keep it.

The Use of it.

If any be Infected, take one Spoonfull of it as soon as the Party doth presume himself Infected, lukewarm; and so goe to Bed, and sweat two or three hours; and then dry the Body well, and keep warm, and drink no cold Drink, but warm Drink and Caudles, and Posset-Drink; with Marigold Leaves and Flowers: VVhen the Party hath sweat, and is well dryed with warm Clothes; and so long as the Party is ill, take a Spoonfull Morning and Evening.

IF you fear you are Infected, or feel any Kernel rising, or any Apostumatton burning or pricking, abstain from Sleep, for Sleep leadeth the Venome to the Heart. That Day that you are Infected, eat but little, or no Food; for evil Humours so fill you, that they take away your Stomack: Or if you do eat, then do you endeavour to sleep, and feel a great burning, with a kind of shuddering, as it were, through Cold: You have also a great Pain in the fore part of the Head: You cannot endure to ride, or to walk,

walk, or any motion of the Body; but are dull, lumpish, and given wholly over to sadness and drowsiness.

To prove, that these are Arguments, that you are Infected; let any Man, finding his Body in this Distemper, not stir or walk (which I counsel him to do; for to goe into the Air, and to use motion, keepeth the Poyson longer from the Heart) and he shall find within one half Day, some Impostume rising under his Arm-hole, in his Groyn, or behind his Ear.

The first thing therefore (after you feel your self thus) is, with all speed, to be let blood; when you are let blood, sleep not all that Day; you must be let blood on the same side the Swelling appears, if so be the Impostume arise before you sleep: but if it prick after you have slept, then be let blood on the contrary side: As if there be a swelling under the left Arm, then be let blood on the right Arm, If thou art faint or weak after letting blood, then sleep a little, yet every half hour stir thy Body too and fro. If the Impostume wax bigger and bigger, it is a good sign that the Venome is driven from the Heart, and will come forth. To ripen it, do thus; Stamp Leaves of Elder, and mix that Juice with Mustard-Seed; of this make a Plaster, and lay it on the Swelling.

These

These Things ought duly to be looked unto, viz.

IT is very convenient, that you keep your Houses, Streets, Yards, back-fides, Sinks and Kennells sweet and clean, from all standing Puddles, Dunghills, and corrupt Moystures, which ingender stinking Savours, that may be noysome, or breed Infection. Nor suffer no Doggs to come running into your Houses; neither keep any, except it be backward, in some Place of open Air; for they are very dangerous, and not sufferable in time of Sicknes, by reason they run from Place to Place, and from one House to another, feeding upon the uncleanest things, that are cast forth in the Streets; and are a most apt Cattel to take Infection of any Sicknes, and then to bring it into the House.

For Ayring your Rooms.

Ayr your several Rooms with Charcole-fires, made in Stone Panns or Chaffingdishes, and not in Chimneys; set your Panns in the middle of the Rooms; ayr every Room once a VWeek (at the least) and put into your Fire a little quantity of Frankincense, Juniper, dried Rosemary, or of Bay-Leaves.

To Smell to.

The Root of *Enula-Campana*, steeped in Vinegar, and lapped in a Handkerchief, is a special thing to smell unto, if you come where the Sicknefs is.

To taste or chew in the Mouth.

The Root of *Angelica*, *Setwall*, *Gencian*, *Valerian*, or *Cinnamon*, is a special Preservative against the *Plague*, being chewed in the Mouth.

To Eat.

Eat Sorrel, steeped in Vinegar, in the Morning fasting, with a little Bread and Butter. Sorrel Sauce is also very wholesome against the same.

To Drink.

Take Rue, Wormwood and Scabios, steep'd in Ale a whole Night, and drink it fasting every Morning.

Another.

The Root of *Enula-Campana*, beaten to Powder, is a special Remedy against the *Plague*, being drank fasting.

Another.

Another.

If any feel themselves already Infected, take *Angelica*, mixt with *Mithridatum*; drink it off, then goe to Bed, and sweat thereon.

Another Special Preservative.

Take an Egge, make a hole in the top of it, take out the white, and the yolk, and fill the shell only with Saffron; roast the shell and Saffron together, in Embers of Charcole, untill the shell wax yellow; then beat shell and all together in a Morter, with half a spoonful of Mustard-Seed: Now so soon as any suspition is had of Infection, dissolve the weight of a French Crown, in ten spoonfulls of Posset-Ale, drink it luke-warm, and sweat upon it in your naked Bed.

Drink for ordinary Dyer.

So near as you can, let the Patients ordinary Drink, be good small Ale, of eight dayes old.

For Vomiting.

Vomiting is better than Bleeding, in this Case; and therefore provoke to Vomit, so near as you can.

To provoke Vomit.

Take three Leaves of *Estrabecca*, stamp it, & drink it in Rhenish VVine, Ale, or Posset-Ale.

For

For Purging.

If the Party be full of gross Humours, let him bleed immediately upon the right Arm, on the Liver Vein, or in the Median Vein, in the same Arm; so as no Sore appear the first Day.

A very wholesome Water, to be Distilled.

Steep Sorrel in Vinegar four and twenty hours; then take it out, and dry it with a Linnen Cloth; then Still it in a Limbeck; drink four spoonfulls, with a little Sugar; walk upon it till you sweat, if you may: if not, keep your Bed, and sweat upon it. Use this before Supper on any Evening. If the Patient happen to be troubled with any Swellings, Botches, Carbuncle; let him sweat moderately now and then.

Outward Medicines to Ripen the Sore.

Take the Root of a White Lilly, roast it in a good handful of Sorrel; stamp it, and apply it thereto very hot, let it lye four and twenty hours, and it will break the Sore.

Another.

Take a small quantity of Leaven, a handful of Mallows, a little quantity of Scabios, cut a white Onion into pieces, with half a Dozen Heads of Garlick; boyl these together in running Water, make

make a Poultice of it, and then lay it hot to the Sore.

Another.

Take a hot Loaf, new taken forth of the Oven, apply it to the Sore, and it will doubtless break the same: but afterward bury the same Loaf deep enough in the Ground, for fear of any Infection; for if either Dogg, or any other thing, do feed thereon, it will infect a great many.

For Ayring Apparel.

Let the Apparel of the Diseased Persons be well and often washed, be it Linnen or Woollen; or let it be ayred in the Sun, or over Pannns of Fire, or over a Chaffingdish of Coals; and tume the same with Frankincense, Juniper, Tor dried Rosemary.

To Preserve from the Infection of the Plague.

Take Garlick, and peel it, and mince it small, put it into new Milk, and eat it fasting.

To take the Infection from a House Infected.

Take large Onions, peel them, and lay three or four of them upon the Ground; let them lye ten Dayes, and those peeled Onions will gather all the Infection into them, that is in one of those Rooms: But bury those Onions afterward deep in the Ground.

Against

Against the new Burning Feaver.

If the Patient be in great heat, as most commonly they will; take of fair running Water, a pretty quantity; put it on a Chaffindish of Coals; then put thereinto a good quantity of Saunders, beaten to Powder, and let it boyl half an hour, between two Dishes; that done, put a couple of soft Linnen Clothes into a Dish, wet the Cloths well in Water and Saunders, and apply the same, as hot as you can suffer it, to your Belly.

To procure Sleep to the Sick Persons, that are Diseased, either with the Plague, or the hot Feaver.

Take of Womans Breast-Milk, a good quantity; put thereunto the like quantity of *Aqua-Vita*; stir them well together, and moylen therewith the Temples of the Patient, and his Nostrills; lay it on with some Feather, or some fine thin Ragg.

Butter-Milk, in this Contagious Time, is generally wholesome to be eaten; and is a good Preservative, against either the *Plague*, or the *Pestilent Feaver*.



A

P R A Y E R

Against the

P L A G U E.

OMnipotent God, and most merciful Father, bow down thine Ear to our Requests, and let thy gracious Eye look upon the Miseries of thy People. A long time have the Vials of thy Wrath been held open, and have powred thy Divine Vengeance on our sinful heads. O Lord, we confels, that *Sodom* and *Gomorrhah*, were never so wicked, as we have been, and are still: The *Jewes* were never so hard-hearted towards thee (our God) as we are; who hourly Crucifie thy Son Jesus Christ, in our vile Bodies,
 Yes

Yet behold, we cry to thee for Mercy; we repent what is past, and are contrite and sorry, that we have been stubborn Children, to a Father so mild, and ready to pardon. Stay therefore thine Arm, and let not the Arrow of Death, strike our Young Men into their Graves, nor our Old Men to the Earth. Call home thy Angells of Wrath, whom thou hast sent forth, and let no more of thy People perish, under the heavy Strokes of *This Dreadful Plague*, which is now a Dweller amongst us. Grant this our Request, and all other whatsoever, needful to Soul or Body, for his sake, in whose Name thou deniest nothing, *Amen.*



A
P R A Y E R,

For those that are not Visited.

OH most Mighty and Merciful Lord God, in whose hands are health and sickness, who at thy pleasure canst kill and comfort; I do confess, that my Sins call louder for Justice, than I can cry for Mercy; and I deserve all Plagues and Punishments, in this Life, and the Plague of Plagues, in the Life to come, Damnation both of Body and Soul: But, O Lord, be thou more merciful, than I can be sinful; and in Jesus Christ be reconciled unto me, and purge me, and cleanse me from all my sins. And I beseech thee, Oh heavenly Father, at whose Commandement the Angells pas-
sed

led over the Houses of the *Israelites*;
 when it struck the *Egyptians* (if it be thy
 blessed will) that this present *Sickness*
 may pass over me, and my Family. We
 do confesse, O Lord, that I and others
 have deserved the Plagues of *Egypt*; but,
 O Lord, howsoever keep us from the
 greatest Plague, which is hardness of
 heart; and if it be thy pleasure, with-
 hold thy heavy hand from us. Do not
 correct us in thine anger, nor yet cha-
 stise us in thy heavy displeasure; but in
 thy mercy release us. And if it be good
 unto thee, that I and others should taste
 of this bitter Cup, strengthen our Faith,
 increase our Hope, augment our Pati-
 ence; that so we may rest in thy Peace,
 rise in thy Power, and remain in thy
 Glory; and that for Christ Jesus sake,
 in whose Name we further call upon
 thee, saying, *Our Father, which art in*
Heaven, &c.



had none if not Grace; but if thou hast
 my prayer, **A**
P R A Y E R,

For those that are Visited.

O Lord God, thou best Physician,
 both of our Souls and Bodies;
 who canst bring to the Grave, and pull
 back again, whom thou pleasest; which
 wert moved at the Prayers of Moses for o-
 thers, of Ezechiel for himself; O Lord,
 hear me for others; others for me, and
 all of us for thy Son; and look with the
 Eye of mercy upon me, whom it hath
 pleased thee, at this time, to visit with
 the Plague and Sicknes. O Lord, I
 am held in thy fetters; O thou which
 hast bound me, loose me; and, if it tend
 unto thy glory, and my good, restore
 my health unto me. O Lord, I have
 B been

been an unprofitable Servant all my Life
time: Oh then, let me not then be be-
rest of the Life of Nature; when I be-
gin the Life of Grace; but if thou hast
disposed of me otherwise, increase my
Patience with my Pains; shew thy
strength in sustaining my weakness, and
be my strong Fortress, in this hour of my
Tryal; give me grace to apprehend and
apply all the merits and mercies of
Christ unto my Soul; and, O Lord, let
thy Comforter oppose the Tempter, in
such a measure, that he may not pre-
vail against me; but as thou makest me
like *Lazarus*, full of Sores, so let also
thy Angells carry me into *Abrahams* bo-
some. O Lord, I intreat, let me ob-
tain, even for his sake, for whom thou
hast promised, and bound thy self, to
hear and help the afflicted, even thy
Son, and my Saviour, Christ Jesus:
To whom, with thee, and thy blessed
Spirit, be all Praise, &c.

Meditation

* * * * *

Meditation I.

IT cannot chuse but be a grief unto a Christi-
an, to see how many murmur in this Visita-
tion; some fearing the *Plague* in their Persons,
others in their Purses; some being loth to lose
their Goods, others to leave the World, not
fearing to say with despairing *Cain*, their Pu-
nishment is greater than they can bear; and
thus do they undervalue Gods Mercy in his Ju-
stice, in whose Vial is not only Wine, but al-
so Oyl: Had he delivered us up to Famine, it
would have been a Burthen farr more grievous;
and had he delivered us up into the hands of
our Enemies, as he hath done some Neigh-
bouring Nations, it had been likely, that we
should not only have been banished from our
Country, but that all hope should have been
banished from us: How much better is it then,
as *David* chose, to fall into the hand of God,
than into the hands of Men; and to be visited
with this *Plague*, than to be Plagued with our
Enemies: The Lord give us grace to repent and
amend, that he may cease to afflict us; and grant,
that being once cleansed, we may sin no more,
lest a worse Evil happen unto us.

* * * * * Meditation 2. * * * * *

IT is true indeed, that Sin was the first Cause of this *Sickness*; but as God doth not the Works of Mercy, so he doth not the Works of Justice, without a means. Our Sins were the Parents of this *Pestilence*, but it is a question, how God brought it in, there is no Man can absolutely determine, but many may conjecture, And (I fear me) it was the want of Charity, and the neglect of the Poor, in this City, which partly caused this Infection; for how can it be otherwise; but that, where multitudes are pestered together in a little room, and in it have but little comfort; as no Raggs, to cover their nakedness; no Linnen to shift them from filthiness, it cannot chuse but cause them noysomeness, and by consequence Infection: If then the rich Men desire to leave to be miserable, let them learn to be merciful, and free the City from the multitudes of Poor.

* * * * * Meditation 3. * * * * *

IT is a strange thing, to see the difference of Men; and to consider, how the Seed of *Adam*, being composed of the same Matter, should so differ in Manners: For here you may see

see one so timorous of Sickness, that he dares not goe to Church, for fear of Infection; being so full of base Cowardise; that he is tentat to gather a Rose, lest he should prick his Fingers; neglecting his Souls welfare, for fear of his Bodys sickness; notwithstanding, he can trudge to *Westminster*, about Quarrells and Contentions. But on the contrary side, another so audacious and presumptuous, that he seemeth to challenge the *Pestilence*, and seeketh it at Playes, searcheth it from one Tavern to another, as if he dared Gods Judgements to encounter with him, both of which are extreme Follies. We must part, *viz.* from our frail Life. I will therefore resolve, not so much to fear the Evil of Sickness, as to commit the Evil of Sin; neither so much Sin, as to seek out Sickness: The one is a sin against my Soul, to deprive it of the Food which is offered; and *Tantalus* like, to starve it under the means: The other is a sin against my Body, to seek to impair the health of it; but howsoever, both of them against God: The one being Timidity, the other Timerity; the one Fear, the other Folly; the one shewing himself faint-hearted, the other fool-hardy.

A Remedy, sent to the Lord Mayor of
 London, by King Henry the Eighth,
 against the PLAGUE.

TAKE a handful of Sage, a handful of
 Hearb-Grace, a handful of Elder Leaves,
 a handful of Red Bramble Leaves; stamp them
 all, and strain them through a fine Cloath, with
 a quart of VVhite-VVine; and then take a
 quantity of Ginger, and mingle them together,
 and take a Spoonful of the same, and you shall be
 safe for twenty four Dayes; Nine times taking of
 it, is sufficient for a whole Year, by the Grace of
 God. And if it be so, that the Party be strick-
 en with the Plague, before he hath drank this
 Medicine, then take the Water of Scabios a
 Spoonful, of Water of Bettony a Spoonful, and a
 quantity of fine Triacle; and put them all toge-
 ther; and cause him to drink it, and it will ex-
 pell all the Venome. If the Fatch appear, then
 take the Leaves of Brambles, Elder Leaves, Mu-
 stard Seed, and Stamp them together, and make
 a Plaister thereof, and lay it to the Sore, and that
 shall draw out the Venome, and the Party shall be
 whole, by the Grace of God.

M. H.

M. H. Receipt against the Plague.

TAKE Serwel Root, to the quantity of half a Walnut, and grate it; of Triacle-Jean, one good spoonfull; of Wine-Vinegar, three good spoonfulls; of fair Water, three spoonfulls: Make these more than luke-warm, and so drink them off warm in your Bed, and sweat six or seven hours after. Drink Posset-Ale, made with small Drink, as your thirst requireth; so that you expect an hour and a half, after the Potion taking, before your first drinking, and it will drive forth the Plague. Let the Posset-Ale be luke-warm, at the first draught, but after as you like it, so it be not quite cold.

These two Medicines have Cured above a thousand People, in this City, the last Plague time; And none hath took it in time, but scaped.

FINIS.

The Table . H . M

A n Excellent Medicine to prevent the Plague	Page 1
An approved Medicine after Infection	Page 12
A Remedy for those that feare the Plague	Page 17
Things to be looked into	Page 21
For Ayring Rooms	Page 51
Things good to Smell, Taste, Eat, Drink	Page 6
Drink for ordinary Dyer	Page 7
Outward Medicines to ripen the Sore	Page 8
To take the Infection from a House infected	Page 9
Against the new burning (Feaver, and the pestilence)	
- Sleep on the Sick Persons	
A Prayer against the Plague	Page 10
A Prayer for those that are not Visited	Page 13
A Prayer for those that are Visited	Page 15
Meditations	Page 17, 18, 19
A Remedy sent to the Lord Mayor of London by King Henry the 8th. against the Plague	Page 20
M.H. His Receipt against the Plague	Page 21

FINIS.

FINIS

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20

21
22
23
24
25
26
27
28
29
30